

Beans and lentils are known as “pulses”—the dry edible seeds of plants in the legume family. They grow well in Eastern Washington and are an excellent source of protein.

TASTE TIPS

- A ½ cup of pulses contains up to 9 grams of protein and is naturally low in fat! Pulses are also affordable: one serving costs just around 10 cents.
- Pulses are both gluten free and vegetarian, making them a delicious option for people with special diets, allergies or sensitivities.
- Pulses will keep for years if stored in tightly covered containers in a cool, dark, place. Pulses can often also be found precooked in cans and simply need to be drained and rinsed before use.
- Pulses freeze well after cooking. If you soaked beans but missed the chance to cook them right away, you can freeze the soaked beans in air-tight bags to extend the shelf life for a week or so.
- Don't add salt, tomatoes, lemons, or other acidic ingredients while pulses are cooking as it may dramatically increase cooking time.
- Pulses can be added to almost any recipe. Mix them into salads or soups, blend into a dip, or even add to brownies by substituting mashed beans for half of the butter or oil in the recipe.



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A Handy Guide
for Choosing
and Preparing
Beans and Lentils

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Beans and Lentils

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Cook After Soaking

Beans should be soaked overnight before cooking. They will soften up and cook more quickly. Most beans will cook in about 1-2 hours after soaking – just check them for tenderness to see if they are done after cooking about an hour, then every 15 minutes. If you’re short on time, “quick soak” dried beans by bringing them to a boil in water, removing from heat and letting them sit for 1½ hours before cooking. Garbanzo beans and black beans can also be cooked 2-4 hours without a presoak.

Garbanzo Beans, also known as Chickpeas, originated in the Middle East. Add your beans to a large pot and cover with 3 inches of cold water. Bring the water to a boil; lower the heat and simmer, covering the pot until the beans are softened. Chickpeas can be blended with olive oil, salt and lemon to make a simple hummus, or add curry spice and yogurt for an Indian twist.

Kidney Beans are a great meat substitute in chili, and can also be added to meat based chili for extra protein, fiber, and nutrients. Drain soaking water and replace with fresh, cold water for cooking. Place on stove and bring to a boil (for at least 10 minutes) in a pot with a lid. Once boiling, reduce to a simmer, tilting lid slightly to allow steam to escape, and leave to cook for up to 90 minutes or until tender.

Pinto Beans Place pinto beans in a large saucepan and cover with 1-2 inches of water (add garlic or bacon ends for extra flavor!). Bring to a boil, then lower to a simmer. Beans are finished cooking when they can be easily mashed with a fork. Pinto beans are great for making refried beans. Or, mash beans with sautéed onion, garlic, and salt. Top with sautéed col-lard greens or kale, and wrap in a whole grain tortilla for a delicious, complete meal!

Black Beans are especially common in Latin American or Cajun and Creole foods. Add the beans to a large pot with chopped onion and garlic for extra flavor and cover with 3 inches of water. Bring to a boil then reduce the heat, cover, and simmer until tender. Black beans can be tossed after cooking with lime juice, olive oil, corn and tomatoes for a delicious summer salad!

Yellow-Eyed Beans are a delicious bean — similar to a navy bean, but much creamier! Bring the beans to a boil, and then reduce to a simmer until the beans are soft. Yellow-eyed beans are mild in flavor and can be used in most recipes. They will take on the flavors of whatever you cook them with: carrot, garlic, and onion, or ham hock and bacon ends. For a delicious easy soup, sauté onion and garlic in a pot, add chicken stock and cooked yellow-eyed beans, simmer, add chopped kale and salt to taste!

Cook Without Soaking

Lentils and spilt peas do not need to be soaked before cooking, and are quicker to prepare than other dried pulses.

Split Peas Since they are “split,” split peas have shorter cooking time than other legumes. Split peas can be green or yellow! They are traditionally simmered on the stove with a ham hock, garlic and onion. Add diced carrot, stock, and bacon ends for a traditional split pea soup.

Lentils should always be rinsed before cooking and checked for small rocks or other debris. Cook the lentils on the stove top, using 3 cups of liquid for every 1 cup of lentils. Use a saucepan that can accommodate the cooked lentils as they may double or triple in size as they cook. Bring the lentils to a boil, reduce heat and simmer until they are tender. Whole lentils typically cook in 15-20 minutes. Some varieties, such as black lentils, may take up to 35 minutes. Add a squeeze of lemon, a pinch of salt, and olive oil to elevate the flavor of the lentils once they are done cooking.

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Leafy greens grow well in Western Washington’s cooler climate. Hearty greens, like kale, can even be grown and harvested through winter!

TASTE TIPS

- Dark leafy greens are a nutritional powerhouse! They are a rich source of calcium, magnesium, potassium, iron, beta-carotene, vitamin B-complex, vitamin C, vitamin A, and vitamin K.
- Greens purchased from a farmers market can often be stored in the refrigerator for up to one week.
- If you purchase greens from a grocery store, buy them in smaller amounts. More delicate greens like spinach or lettuce may not keep for more than two or three days.
- When choosing greens, choose crisp dark colored leaves, with no discoloration or wilting.
- Greens are versatile! Serve raw in a salad, add to soup or stew, blend into a smoothie, or add to pasta or grain dishes.
- Mixed greens and lettuces are best eaten raw, while heartier greens like cabbage, kale, beet greens, and collard greens are often cooked, or massaged until tender.
- Be sure to rinse all greens in cold water before eating to ensure that greens are free of dirt and debris.



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Leafy Greens

A Handy Guide
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Leafy Greens



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Leafy Greens

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Romaine

A crunchy, delicious substitute for iceberg lettuce. Use it in a variety of salads – you can even grill it! **Cooking Tips** Fill large leaves of romaine with raw chopped veggies: carrots, cucumbers, and peppers work well. Add a whole grain, like quinoa or brown rice, and drizzle with your favorite salad dressing, or a peanut sauce. Hold the lettuce like a boat and take a bite!

Swiss Chard

This colorful vegetable is a beautiful addition to any recipe. Both the stems and the leaves of chard can be eaten, so be sure to include both in your meal!

Cooking Tips Sauté ½ a sliced onion in a tbsp of olive oil until slightly browned. Add 1 bunch chopped chard and cook covered, stirring every minute or so, for about 10 minutes or until stems are tender. Season with salt and pepper. Eat as a side dish, or mix in with whole grain pasta or pinto beans and rice for a more complete meal.

Bok Choy (also known as “pac choi”) is a green commonly found in Asian dishes. It is delicious and tender raw, but is also a lovely addition to stir-fry and soups.

Cooking Tips Sauté 1 tbsp each of chopped garlic and ginger in oil for about 1 minute. Add chopped bok choy leaves and 2 cups cooked black beans and cook for 5-8 minutes over medium heat until bok choy is wilted and beans are heated through. Finish with a dash of soy sauce and serve over brown rice.

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Kale There are many different varieties of kale, including Lacinato (also known as Tuscan or Dinosaur Kale), Curly Green, Curly Red, and Red Russian. They all look a little different but can be cooked and eaten in the same manner.

Cooking Tips For a delicious fall salad, massage 1 large bunch of chopped and destemmed kale with 1 tbsp of lemon juice and 2 tbsps of olive oil. Add ½ tsp of salt. Massage leaves until kale has shrunk, and is tender. Add cubes of roasted winter squash and toasted pumpkin seeds for extra crunch. Top with cooked lentils or chickpeas.

Collard Greens are a staple in the South, often slow cooked with a ham hock, bacon, or a turkey leg. They also work well in lighter, faster recipes, and are a hearty but mild green.

Cooking Tips Sauté 1 bunch with a tsp of garlic and add to pasta with a ½ cup of cooked chickpeas. Toss with olive oil, lemon zest, and grated Parmesan for a quick pasta dish.

Spinach is a mild tasting and tender green and is delicious raw. When cooked, it will wilt beautifully and remain tender without overcooking. It is an excellent addition to green smoothies where its mild vegetable flavor is concealed by the fruit!

Cooking Tips For a tropical smoothie, blend 1-2 cups of spinach, 2 chopped frozen bananas, and ½ cup of orange juice. Add orange juice as needed to achieve desired thickness. Pour into a glass and enjoy!

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Beet Greens

Many beets are sold with their green, leafy tops. Keep those beet greens. They are delicious sautéed or in soup and stews. Use it in any recipe containing a hearty green like collard greens, kale, or chard. **Cooking Tips** Sauté 1 tsp of chopped garlic in 1 tbsp of olive oil for 1 minute. Add 1 bunch chopped beet greens and cook until tender. Serve as a side to any meal!

Cabbage Like kale, there are many different varieties of cabbage. Some of the most common are green, red, Savoy, and Napa. Although cabbage can be cooked in many dishes, its crunchy flavor is most delicious in a raw salad or coleslaw.

Cooking Tips Slice cabbage thinly on a mandolin or with a sharp knife and toss 6 cups (about ½ head) with ⅔ cup mayo, 2 tbsps Dijon mustard, and 2 tbsps white wine vinegar. Refrigerate until ready to serve for a summer classic.

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Most winter squash are not grown through the winter in Washington! Rather, their thick skin allows them to be harvested in fall and stored for up to 2 to 3 months through the winter.

TASTE TIPS

- Eating lots of orange food like squash and carrots provides vitamin A, which keeps eyes and skin healthy and helps protect our bodies from infection.
- Squash is also a great source of Vitamin C, which keeps our immune system strong and helps our bodies heal quickly.
- Choose a squash that is firm and heavy for its size. Avoid squashes that have soft spots, dull and wrinkled skin or that are extremely light for their size.
- Store whole squashes in a cool dry place. The ideal temperature for storing winter squash is between 50-60°F.
- Once cut, wrap and refrigerate unused portion for use while fresh.



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Winter Squash

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Winter Squash

Winter Squash

BUTTERNUT SQUASH



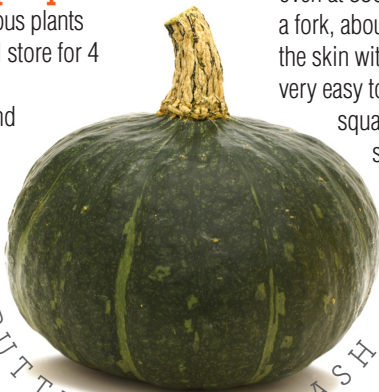
Butternut Squash are highly productive plants and produce large tubular squash with ivory skin and orange flesh. They are creamy and buttery in flavor and delicious in soups, or cubed and roasted on their own!

Cooking Tips Blend cooked butternut squash with sautéed garlic and onions, fresh herbs, and vegetable or chicken stock for an appetizing and warming soup. Blend in yellow-eyed beans or white beans for added protein and creaminess.

Buttercup Squash

rival butternuts in flavor and productivity. The vigorous plants produce heavy crops of squat, green fruits that will store for 4 to 6 months.

Cooking Tips Eat blended into soup, or cubed and added to chicken or vegetable stock with chopped kale, a can of tomatoes, and cooked chickpeas for a winter minestrone. Add salt, pepper, and Italian seasoning for extra flavor!



BUTTERCUP SQUASH

Hubbard Squash and Kabocha Squash

These squash range from medium-sized to huge and have drier flesh than other winter squash. Rind color varies with variety, and all varieties will store for 4 to 6 months.

Cooking Tips Hubbard and Kabocha squash are an excellent variety to use in pumpkin pie for a new twist on a classic Thanksgiving dessert!



HUBBARD SQUASH

Delicata Squash are a winter squash that can easily be eaten with the skin on! This makes it a unique favorite and easy to prepare, with a rich flavor. These oblong squashes range from 1-2 pounds and can be stored up to 3 months.

Cooking Tips Cut in half, scoop out the seeds, and chop to use in stir fry. Roast in the oven with herbs and potatoes, or with sweet potatoes, cinnamon or nutmeg and a little honey for a nice fall treat.



DELICATA SQUASH

Carnival Squash grows to a small single-serving size. They are yellow-ivory fruits with green stripes that may turn orange in storage. These squash will store for 3 to 5 months.

Cooking Tips Carnival squash can be halved and roasted whole with the skin on. Place squash, cut sides down, in a baking dish. Pour water into dish around squash halves. Bake in a preheated oven at 350°F until tender and easily pierced with a fork, about 1½ hours. Carefully remove the skin with a fork; it should be very easy to remove. Or eat the squash directly out of the skin, stuffed with beans, greens, and a whole grain like brown rice or farro for a complete meal!



CARNIVAL SQUASH

Acorn Squash

are green, ribbed round fruits with a pointed bottom, they can be cooked and served much like carnival squash!



ACORN SQUASH

Spaghetti Squash

Like their name suggests, spaghetti squash are full of stringy fibers that can be eaten like pasta! The oblong fruits have smooth rinds that range from tan to orange, and they will store for 3 to 6 months.

Cooking Tips Halve and bake spaghetti squash in a baking dish. Pour water into the dish until it is less than a quarter full and bake in a preheated oven at 350°F until the squash is tender enough to be pierced with a fork. Let cool, then scrape out the stringy innards with a fork until you have a bowl of squash pasta. Add cooked green lentils, tomato sauce, and arugula or spinach for a Mediterranean meal!



SPAGHETTI SQUASH

BUTTERNUT SQUASH



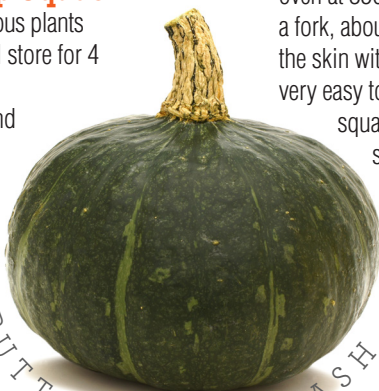
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